



SOUTHBRIDGE OWEN SOUND

May Newsletter

1300 16th Avenue East, Owen Sound, N4K 0J6



It looks like the nice weather is finally here to stay! Hooray!! This means that we can spend some much needed time out on our balconies and patio. The fresh air will do wonders.

We will be starting seedlings this month to get ready for our outdoor garden spaces! We can't wait to see what we can get growing this year.

Cinco de Mayo is celebrated on May 5th and we will be enjoying a special lunch on this day.

A Mothers Day Church Service & Tea will be held on Sunday, May 14th at 2:00pm in the Maple Heights Dining Room. Family and Friends are welcome to join! Please ask Jenna Bunn (Director of Life Enrichment) or an Activity Aide for more details and if you are interested in attending!

As usual we can expect some musical guests this month: Music with Glen & Company, Music with Mary & Norm, Leaving Tracks, Music with Dave Hiscox, and more!

Special Dates:

May 5: Cinco de Mayo Lunch

May 14: Mothers Day Church Service & Tea

May 16: Music with Dave and Trish

May 22: Victoria Day

May 25: Music with Dave Hiscox

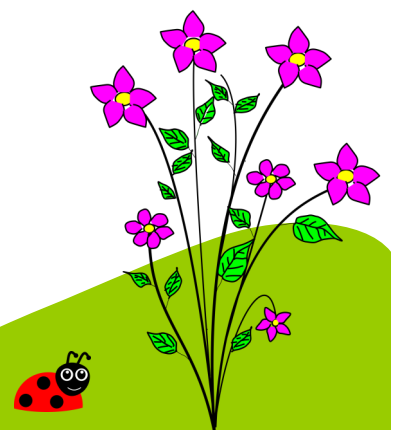


CMHA Mental Health Week, May 1st-7th



Mental health is a state of well-being, and we all have it. We might have a mental illness, and we might not. Either way, we can all feel well. We can all have good mental health. It is about having a sense of purpose, strong relationships, feeling connected to our communities, knowing who we are, coping with stress and enjoying life. And it's never too early or too late to get there. But it's not just about what you do for yourself, by yourself—everyone needs healthy and supportive places to work, live and learn.

Visit mentalhealthweek.ca for more info like: tips to thrive, mental health tool kit and more !



Southbridge Owen Sound Leadership Team

Please welcome back our Executive Director Trish Nolan!! Her office is located on main floor passed the hairdresser to the left near all main offices.

Below are Brief Descriptions of our General Responsibilities:

Trish Nolan (Executive Director): Assumes ultimate responsibility for providing high quality care while maintaining a safe and healthy environment for residents, staff, and visitors.

Alaina Sutherland (Director of Care): Responsible for managing and overseeing all aspects of nursing care within the home through the effective delivery of established standards within legislative requirements.

Nicole Bertrand (Director of Quality & Risk): Responsible for overseeing and driving the quality improvement measures within the Home, while minimizing risk factors for residents. (Falls, skin & wound, medication management, continence care and more)

Charity Jackson (Director of Clinical Services): Responsible for developing, implementing and evaluating the delivery of resident care services, assessments and clinical needs.

April Richards (Interim Office Manager): Responsible for all aspects of the business office and systems; accounting and payroll duties.

Jenna Bunn (Director of Life Enrichment): Responsible for therapeutic and diversional program development & delivery in collaboration with other departments. Resident programming, including special events & facility functions. Responsible for volunteer services and wheelchair assessments for residents.

Allison Hood/Lori Macphaden (Food Services): Responsible for managing all aspects of the Food Service operations to meet the nutritional needs of the residents and to ensure the effective and efficient preparation and delivery of meals to residents.

Jeff Smith (Environmental Services Manager): Responsible for the maintenance of the Home while managing the laundry, housekeeping and maintenance departments.

IF YOU HAVE A CONCERN/COMPLAINT TO BRING FORWARD, PLEASE SEE THE CORRESPONDING LEADER ABOVE OR THE CHARGE NURSE ON YOUR LOVED ONES HOME AREA.



FOOD SERVICES

The food service department & residents of Southbridge Owen Sound are excited to prepare for the first new menu of our new home, to launch sometime in May.

The cooks & dietary aids are all so happy to hear the many compliments from residents and families about the quality of the meals they prepare at Southbridge Owen Sound.

We hope with your help that this new menu won't disappoint.

We will continue to work hard to have meals that taste as good as they look.

If you have specific resident requests or things that you don't see on our menu, that you think we should add.

Please feel free to call the department Allison & Lori can be reached at 519-376-1599 x 1008

OUR MISSION, VISION, VALUES



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